

San Benito Mineral Springs

QUIET COUNTRY HOME.

(Nature's Sanitarium.)



Between Hollister and Tres Pinos.

THREE HOURS BY RAIL FROM SAN FRANCISCO TO SAN BENITO SPRINGS.

FARE, \$2.80.

FLAG STATION : : NO STAGING.

For Terms, etc., address

E. J. ANDERSON,

Box 9.

Tres Pinos, Cal.

San Benito Mineral Springs,

San Benito County.



HIS excellent and inexhaustible spring of mineral water now ranks highly among the best found in this State, and compares most favorably with the most popular and richest medical waters in the country, as well as in Europe, as may be seen from authentic figures below, compared with the analysis given by Professor Jaffa of the University of California at Berkeley.

Analysis of San Benito Mineral Water
by Prof. Jaffa:

| | Grains to Gallon |
|--|------------------|
| Sodium and Potassium Sulphates..... | 62 99 |
| Sodium Chloride..... | 54 56 |
| Sodium Carbonate | 8 67 |
| Calcium Carbonate | 3 86 |
| Calcium Sulphate. | 54 |
| Magnesium Carbonate | 3 70 |
| Iron Carbonate | 1 07 |
| Silica Organic Matter and Chemically Combined Water | 10 97 |
| Total. | 146 26 |

Solids of other springs compared with San Benito Mineral water:

| | | |
|---|----------------------|---------|
| Gilroy Hot..... | Grains to gal, 62 86 | * 83 50 |
| Paso Robles Main Sulphur | 93 44 | 52 92 |
| Paso Robles Iron Spring,..... | 79 42 | 61 94 |
| Geyser Spa | 57 12 | 89 24 |
| Paraiso Soda | 61 45 | 84 91 |
| Santa Ysabel..... | 81 43 | 64 93 |
| Summit Soda..... | 92 16 | 54 20 |
| Kings Well, Bath, England | 144 34 | 2 02 |
| Chalebeate, England | 63 00 | 72 00 |
| Bartlett..... | 45 91 | 100 45 |
| Anderson Iron, Lake county... | 30 63 | 115 73 |
| Ætna Soda | 134 13 | 12 19 |
| Alum Rock..... | 62 21 | 74 15 |
| Caronado..... | 23 28 | 117 15 |
| Harbin Springs, the best one .. | 88 63 | 57 73 |
| Appollinaris, foreign, grains to gallon, 157.76, or 11.40 grains more than San Benito water. | | |
| Ems of the Lahn, Germany, 169.75, grs. to gal., or 23.39 grains more than San Benito water. | | |
| *Grains less than San Benito water. | | |

LOCATION AND CLIMATE.

This popular and never failing spring of mineral water is now open as a health resort during the entire year, and is situated in the foothills, two miles from Tres Pinos, and four miles from Hollister, the county seat of San Benito County. The county road between San Jose and New Idria mines and also the S. P. R. R. track are within 100 yards of the springs where two trains pass each way daily. This spring is now a flag station. The buildings are located upon well drained ground. The place is sheltered by and nestles in the low foothills of the Gabilan range of mountains which shield it from the cold fogs and winds of the coast, while it is near enough to the Pacific Ocean to get the refreshing sea

breeze every day in summer. The Pacheco mountains towards the east, prevents the hot winds of the San Joaquin plains from penetrating this secluded and lovely spot.

The climate is mild, dry and delightful, having neither extreme of heat or cold, and being nearly uniform the year around.

The country is romantic, as well as productive, the soil rich, vast harvests of grain, vegetables and fruits of every variety are gathered in yearly.

As a resort for invalids these springs have few equals. The elevation is 500 feet above sea level. They are easily accessible and centrally located, being 100 miles from San Francisco, Berkeley, Alameda and Oakland, 50 miles from San Jose, 30 miles from Salinas, 90 miles from Fresno and 44 miles from Santa Cruz and Monterey.

Within 100 miles of more than 100 cities and towns whose aggregate population is over 500,000.

Severe frost is seldom known in this sheltered spot. Seen growing here is the lemon, orange, fig, almond, grape, apricot prune, raisin, etc., as also other semi-tropical plants. The fields are covered with a velvety carpet of green from October until June, when the grain ripens. Flowers bloom in profusion the year around.

MEDICINAL PROPERTIES.

Many remarkable cures have been effected here since the medical nature of the springs was made known in 1894 by the official analysis of Prof. Jaffa of Berkeley.

The baths and water are highly recommended by physicians and others interested for the cure of Gout, Rheumatism, Hemorrhoids, Constipation, Dyspepsia, Neuralgia, Insomnia and Nervousness, Stomach, Liver, Kidney and Uterine diseases.

It is also much prized for Carbuncles, Boils, Ulcers, and Skin diseases, as also in Chronic Bronchitis and Catarrh and for weak, run down and debilitated constitutions. It counteracts Acidity, Indigestion and Stomach troubles, acts gently on the liver and works like a charm on the kidneys and urinary organs. Its action on the bowels is sure and permanent, relieving Constipation and curing the array of ills that follow it,—piles, langour, billiousness, headache, impure blood, etc. The baths and douches are much prized for uterine troubles and all female diseases.

Delicate persons weakened down by long illness, rapidly gain strength and health by a judicious use of the water and baths. The lagging step regains elasticity, and the pallid cheek, the flush and vigor of wonted health.

The properties of the water are similar to some of the famous German springs which are pronounced by leading physicians to be the most perfect and rare combinations of mineral water known for medical purposes found.

While it has the power to cast off the worn out tissues of the body, it has also the properties to build up the new. The water when taken from the springs has a temperature of 80 degrees and will keep any length of time in good condition if properly sealed.

It is very similar to Appolinaris water of German fame and is only 11 grains to the gallon less in solids and it contains two grains more per gallon than the famous springs at Bath, England, and it contains double the solids of Gilroy Hot Springs, Paraiso, Gyser Spa, Alum Rock and three times that of Bartlett.

The medicinal virtues of San Benito Mineral Water are unexcelled by any in the world in cases of many diseases, as they have proved to be an infalliable cure for troubles arising from impure blood and a disordered condition of the system generally. It is a powerful alterative and tonic.

The water is highly alkaline, tonic, diuretic and cathartic in its composition. It is alterative, and generally recommended for troubles arising from im-

the blood and disordered condition of the system generally.

Persons suffering from catarrh and bronchitis seldom fail to obtain relief.

It is being placed upon the market and arrangements are being made to accommodate a limited number of guests at the springs, upon application.

USES OF MINERAL WATER.

Mineral waters are highly useful in chronic disorders where there is but little structural change or in cases where disease is threatened.

They are administered internally and applied externally and act chiefly by diluting and purifying the blood and increasing the process of secretion and excretion, so that morbid matters are eliminated from the system. They also stimulate the cutaneous and visceral circulation.

Nodoubt these effects are often due to chemical composition and temperature of the water, though it is allowed on all hands that the beneficial influence is largely due to the locality of the spring, the nature of the climate, the absence of business care and toil, as well as the diet, the exercise, company and the general regimen.

Like many other important remedies their virtues have been regarded with singular skepticism, at one time, and blind credulity at another. The practitioner in the present day, wisely attempts to keep the middle course, neither over estimating nor unduly depreciating the value of these agents in preventing or treating diseases.

A mineral water is merely a complicated medicine, containing various salts and gases blended together. The ingredients are generally derived from the soil or rocks through which the waters pass and they consist generally of chlorides, sulphates and carbonates of minerals, and more or less of free gas and oxygen. Treatment in any case, should continue from 4 to 8 weeks.

ACCOMMODATIONS.

Arrangements have been made to place this water upon the market soon, also to accommodate a limited number of guests upon application. Special attention is paid to patients and services of skillful physicians to those requiring medical attendance. Rooms and board at reasonable rates.

A bath house with modern conveniences will be open to the public from May 1st. Cots are arranged for sweat baths which may be taken as desired.

Parties desiring to stay at Hollister or Tres Pinos can be accommodated with carriage from hotels, or can come and return by train.

A few house-keeping rooms and canvass houses are to rent on the ground, and separate ground for camping parties. A nominal charge will be made to parties bringing their own tents.

Pure fresh milk and eggs from ranch for sale on ground at market price. Also hay, grain and pasture. Groceries, fruit, vegetables, meat, fish and bread delivered to order.

No persons with advanced consumption, cancer, repulsive or contagious diseases taken at the springs.

TESTIMONIALS.

HOLLISTER, CAL., April 15th, 1896.

MRS. E. J. ANDERSON :

ANDERSON SPRINGS :

DEAR MADAM:—I find that the amount of water you have been bringing me from your valuable springs delivered once a week is not sufficient to supply the demand of my family, as they all drink it in preference to the town water, and I do not care how much they drink as I consider it a valuable medicine, as it keeps

the liver and kidneys in a good healthy condition. You will deliver the water twice a week in place of once as before.

Yours truly,

R. P. LATHROP,

Mgr. Lathrop Hay Co.

A firm bottling several mineral waters writes: We find this mineral water to be one of the best (if not the best) in California.

A gentleman from Fresno says: I have found the San Benito Mineral Water to be the best medicine I have ever taken for relieving stomach trouble. Name of above given when requested.

Rev. Orrin Crittenden of Mountain View, California, writes: I have tried the effects of this mineral water for one month, and know its virtues. When this resort becomes known to the public, many of the afflicted will find relief at San Benito Mineral Springs.

Yours truly,

REV. O. CRITTENDEN.

Further information, as to terms, accommodations, and testimonials furnished by addressing,

E. J. ANDERSON, Manager.

Tres Pinos, Cal., Box 9.